

Ritva Kuha

Body & Mind

Rest for body and soul as well as activities in the Finnish Nature

Ritva Kuha offers different kinds of exercise services at her homestead Tanhula. Her offerings are stretching, relaxing, Method Putkisto/Pilates.



" I am a trained physical instructor, work supervisor and Method Putkisto/Pilates instructor. My hobbies, women gymnastics and dance have given me excellent means to listen to my own body and its messages. Since 30 years I have been working with different groups in different ages and realised how poorly people of to-day sense and listen to the messages of her body. We recognize immediately the aches and pains but we do not necessarily understand where they come from. I would like to help you feel better and to find your own resources and instruct you to listen your own body" Ritva is telling.

More information on Method Putkisto/Pilates:

www.methodputkisto.com/

www.methodputkisto.com/ritvakuha

From May to August I offer to-day's busy people my home as a place to stop and rest. You can reserve private and group lessons for gymnastics, stretching, relaxing and for the world-wide known body control Pilates. My home attracts you who enjoy pure nature and silence. The beautiful nature of Tanhula farm will provide good opportunities for fishing, picking mushrooms and berries as well as for walking in the nature. Also the nearby islands are attractive for picnics.

There are many kinds of sporting activities within the reach of Tanhula. At Holiday Club Katinkulta, only 40 minutes away, there are a spa, golf, tennis, badminton, bowling and riding at your service. You can play golf also in the beautiful fields of Paltamo and Nurmes. The international chamber music festival in Kuhmo invites every summer thousands of listeners to enjoy high-quality music, magnificent nature and famous "Kuhmo spirit".

From Kajaani airport there are taxi connections to Kuhmo. The farm Tanhula is situated in the village called Katerma.

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